



**YMCA of  
Niagara**

## YMCA Employment Opportunity

### **Fitness Coach**

**YMCA Membership Branch – MacBain Community Centre– Niagara Falls**

**Minimum hiring rate: \$14.21/hr plus YMCA Membership benefits**

**Start date: Immediately**

**Part time – 5- 15hours/week – Evenings and weekends**

#### **QUALIFICATIONS:**

- Minimum of Secondary School Graduation is required
- YMCA Personal Trainer Designation or equivalent required\*
- YMCA Canada Group Fitness Certifications or equivalent an asset
- Current Standard First Aid and CPR-(C) certification
- Current Criminal Records Check with Vulnerable Sector Screening will be required upon hiring
- Able to lift 45 lbs. or greater

#### **RESPONSIBILITIES:**

- Provide fitness instruction and coaching in both one-on-one and group formats; deliver service as part of the YMCA of Niagara Fitness Program
- Maintain positive relationships with members through ongoing connections
- Coach members to reach their health and fitness goals
- Orient all new fitness members to the YMCA programs and services available to them (Individual Conditioning, ActivTrax, Personal Training, Aquatics, Group Fitness, Recreational Sports, etc.)
- Accountable for pre and post appointment calls and labelling appointments after completion
- Engage and connect with new members to ensure that available appointments are booked whenever possible
- Build relationships with members in order to optimize members' experience and help them to achieve their health and fitness goals
- Work with members to set realistic and obtainable SMART goals
- Be familiar with the model of change and support members through the various stages
- Remain up to date on all YMCA programs and services to be able to accurately speak to them and answer questions
- Accountable for following systems, practices and targets which support member retention
- Monitor member development and progress. Provide feedback to the member that is strength based and specific to the member goals
- Approach members and assist them with their fitness progress
- Maintain and update member fitness records

The YMCA is a charity dedicated to building healthy communities.

The YMCA of Niagara delivers programs in Health & Fitness, Community Outreach, Child Care, Day Camp and Employment & Newcomer Services throughout Ontario's Niagara Region.

We are committed to nurturing the potential of children, youth and families, promoting healthy living and fostering social responsibility within the community.

Operating from 112 sites across Niagara, and supported by 1,500 employees and 840 volunteers annually, the YMCA has a positive impact on the health of over 92,000 individuals annually.

Our focus on inclusiveness and accessibility means we serve people of all ages, backgrounds and abilities through all stages of life. Through the YMCA Strong Kids campaign, the YMCA is accessible to all.

*Building healthy  
communities*



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### RESPONSIBILITIES CON'T:

- Work within scope of practice and provide nutrition advice that is in line with Canada's Food Guide
- Maintain up to date knowledge that can be applied to a wide variety of individuals and fitness levels
- Ensure a safe, clean and well maintained environment
- Maintain SAM 2.1 Standards
- Adhere to the YMCA Child Protection Policies and Procedures as established by the YMCA of Niagara
- Teach Group Fitness based on schedule requirements and certification.
- Promote YMCA programs and services
- Other duties as required

***\*Successful applicants with Personal Training experience or Group Fitness Qualifications will have the opportunity to apply to be a YMCA Personal Trainer or Group Fitness Instructor, depending on individual branch needs (internal process).***

Interested applicants are invited to submit a cover letter and resume along with documentation to verify completion of (or in process of completing) Standard First Aid/CPR(C) by noon on August 28, 2019 to:

E: [yjobs@niagara.ymca.ca](mailto:yjobs@niagara.ymca.ca) F: (905) 735-2299

Please indicate **position and branch/cities** applying for in the subject line of your email. ***Internal applicants are expected to notify their supervisor before applying. Only those applicants being considered for an interview will be contacted.***

*Accessibility accommodations and materials in alternate formats for individuals with disabilities can be arranged upon request.*

For more information on other opportunities at the YMCA of Niagara please visit: [ymcaofniagara.org](http://ymcaofniagara.org)

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